

#MalesMatterToo

'Owning My Space' Leadership & Life skills programme for graduates - Report
November 12th - 14th, 2024 NYSC Obalende.



Introduction

boys to MEN Foundation was founded in 2017 by Mrs. Ifeoma I. Idigbe to support men and young boys to become their best selves and *'own their spaces'* wherever they find themselves. In today's world, where societal pressures seem to mount at every turn, it is more important than ever for young men to embrace the journey of becoming their best selves.

Males today are growing up in a rapidly changing environment where expectations are often set high, and the standards of success, strength, and identity can be overwhelming. boys to MEN Foundation seeks to provide the opportunity to redefine the stereotype of what it truly is to be a man in this generation. The programme *'Owning My Space'* is focused on developing male corps members to become authentic, resilient, and possess a grit mindset through a wide range of sessions that touch certain areas of life that every young man can relate and resonate with.

We believe that males should be encouraged to embrace vulnerability, to ask for help if they need to. Understanding their true strengths, their flaws and having the courage to grow beyond their limitations. boys to MEN Foundation has taken up the responsibility to help these young men in that journey of understanding while they *own their space*.

On the 12th - 14th of November, 2024 boys to MEN Foundation held an 'Owning My Space' programme for the male corps members in Obalende Local Government Area. The programme started with a video of monologues 'A Man's World', from a book written by Mrs. Ifeoma I. Idigbe 'About Men: Random Poems, Monologues, and Reflections'. The corpers shared their various experiences on different male-related issues, and the programme continued with several sessions such as Managing Your Finances, Definitions of Leadership, and the various styles of Leadership, Emotional Intelligence, Personal Branding, and Public Speaking. Sessions were engaging because they created an avenue for discussions on real-life issues and experiences the corpers had individually whilst creating a safe space and inspiring brotherly connections. The cohort had over 69 corpers in attendance.



Objective of Programme

'Owning My Space' Leadership and Life Skills programme was developed to equip and empower young male corpers to not only excel academically but to thrive in every facet of their lives. This programme was developed to change the narrative of unrealistic expectations of boys in the 21st Century. Growth does not depend on perfection but on learning, development and progress. Males in particular need to be taught that true success is not measured only by external achievements but by inner qualities such as integrity, empathy, and the willingness to keep learning and improving.

Programme Modules

Modules and facilitators:

1. Video of 'A Man's World in Monologues' from a book written by Mrs. Ifeoma I. Idigbe "About Men: Random Poems, Monologues and Reflections", formed the basis of discussions about challenges men face in the 21st Century, Particularly with societal expectations and its consequences such as toxic masculinity and mental health challenges. We also discuss the new gender reality, and peer influence.
2. Managing Your Finances
3. Leadership and Emotional Intelligence
4. Personal Branding
5. The Rudiments of Public Speaking.

Facilitators

- Mrs. Ifeoma I. Idigbe, is a business/financial analyst, teaches Critical Thinking and Public Speaking to graduate scholars at the Nigerian University of Technology and Management (NUTM), and is the Founder and Executive Vice Chairman of boys to MEN Foundation.
- Mr. Christobal Oweredaba, is a Programmes Officer at boys to MEN Foundation with a Bachelor's Degree in Industrial Chemistry.

Feedback

I am so grateful for this programme because it is so important and insightful. I could really resonate with most of the things being discussed about male gender and other things like leadership teaching.

-Ojediran Tobilola Ezekiel

The programme was inspiring. It allowed me to understand how men should be more open with their emotions. Lastly it encouraged me to intentional about my bonds in being a leader.

-Wilfred

I learned something very important which is the ability to study and understand myself. I believe I can do well with my finances and personal well being. Thank ou so much for this programme.

-Qudus Kehinde Lawal



Our Vision: To shape and produce a new generation of ethical, well-behaved men capable of providing strong, impartial leadership, constantly striving to become their best selves, and possessing the confidence to accept that others may wish to do the same.

Our Mission: To inspire, nurture and develop males to become confident leaders in society.

Our Motto: Integrity, leadership and equity.

#MalesMatterToo